

# ADULT ACTIVITIES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MARCH 2015 FUN

| ACTIVITY         | DAY                           | TIME              | PAGE   |
|------------------|-------------------------------|-------------------|--------|
| Indoor Walk      | Mon-Fri                       | 5:00-9:00am       | Page 2 |
| Pickleball       | Mondays (no 3/14)             | 9:30-11:30am      | Page 2 |
| Hand & Foot      | Mondays (no 3/14)             | 12:00pm           | Page 2 |
| Dime Bingo       | Tuesdays (no 3/15)            | 9:30am            | Page 2 |
| Bible            | Thursdays                     | 9:15am            | Page 2 |
| Hand & Foot      | Fri: 4 (only day this month)  | 12:00-2pm         | Page 2 |
| Knit wit Ginger  | Tue: 1                        | 11:00-1:00pm      | Page 2 |
| Mah Jong         | Tue: 1 & 29 (different dates) | 11:00am           | Page 2 |
| Dr. Seuss Day    | Wed: 2                        | 10:00am           | Page 2 |
| New Member       | Wed: 2                        | 12:30pm           | Page 2 |
| Art 2B Smart     | Thur: 3                       | 11:00am           | Page 3 |
| Singles Mingle   | Thur: 3                       | 4:30pm            | Page 3 |
| Games & More     | Fri: 4 (only day this month)  | 10:00am-12pm      | Page 3 |
| Games Galore     | Mon: 7 & 21                   | 10:00am           | Page 3 |
| Knit/Practice    | Tue: 8 & 29                   | 11:00am-1:00pm    | Page 3 |
| Cards            | Tue: 8                        | 12:30pm           | Page 3 |
| 6 Card Golf      | Wed: 9                        | 10:00am           | Page 3 |
| Potluck          | Wed: 9                        | 12:30pm           | Page 3 |
| 99 Tournament    | Thur: 10                      | 11:00am-2:30pm    | Page 3 |
| Shirley Temple   | Fri: 11                       | 2:00pm            | Page 3 |
| Potato Chip Day  | Mon: 14                       | 12:00pm           | Page 3 |
| Volunteer Thanks | Wed: 16                       | OFFSITE-BY INVITE | Page 4 |
| St. Pats Bingo   | Thur: 17                      | 1:00pm            | Page 4 |
| Singles Mingle   | Thur: 17                      | TBD               | Page 4 |
| Lucille Ball     | Fri: 18                       | 2:00pm            | Page 4 |
| JAM Session      | Tue: 22                       | 11:30-2:00pm      | Page 4 |
| Book Club        | Wed: 23                       | 10:00am           | Page 4 |
| Togetherhood mtg | Wed: 23                       | 11:15am           | Page 4 |
| The Perfect Move | Wed: 23                       | 12:30pm           | Page 4 |
| Travel Mtg       | Thur: 24                      | 11:00am           | Page 5 |
| Hobby Hour       | Thur: 24                      | 12:30pm           | Page 5 |
| FREE FRIEND      | Fri: 25 (Photo ID REQUIRED)   | ALL DAY           | Page 5 |
| Stations/Cross   | Fri: 25                       | 2:00pm            | Page 5 |
| Cribbage         | Mon: 28 (no 3/14)             | 9:30am            | Page 5 |
| Murder Mystery   | Wed: 30                       | 9:00am-2:00pm     | Page 5 |
| Puzzle Day       | Thur: 31                      | 11:00am-2:00pm    | Page 5 |

### FUTURE PLANS LISTED ON PAGE 5

March's Complete Calendar is listed on Page 6

PLEASE READ EVENT/ACTIVITY DESCRIPTIONS ON THE FOLLOWING PAGES FOR ANY DATE/  
TIME CHANGES OR CANCELLATIONS. ALL EVENTS/ACTIVITIES ARE SUBJECT TO CHANGE.

YMCA OF THE GREATER TWIN CITIES

ANDOVER YMCA

15200 Hanson Blvd, Andover MN 55304

**TRY A NEW CLASS, A NEW  
INSTRUCTOR, MEET NEW  
FRIENDS!**

YOUR NAME WILL BE ENTERED IN A  
DRAWING FOR EACH OF THE  
FOLLOWING CLASSES YOU TAKE:  
DRAWING SLIPS WILL BE AVAILABLE  
AFTER CLASS IS COMPLETED.

#### ON LAND:

**3/14 AOA YOGA W/DAWN (2)  
11:45AM**

**3/15 AOA STRETCH W/CYNDI (3)  
11:25AM**

**3/16 SS CLASSIC W/TAMMY (3)  
10:40AM**

**3/17 BALANCE W/GINGER (2)  
11:50AM**

**3/18 AOA CYCLE W/TAMMY (1)  
10:45AM**

#### IN POOL:

**3/14 WATER X W/EMILY 9:30AM**

**3/15 WATER HIT W/CYNDI 9:45AM**

**3/16 WATER X W/BONNIE 8:30AM**

**3/16 WATER DANCE W/APRIL  
9:30AM**

**3/17 SHALLOW2DEEP W/JODI  
8:45AM**

**3/18 WATER VIBE W/JENNY 9:30AM**

**3/19 WATER X W/SANDY 7:30AM**

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### **INDOOR WALK GROUP MOST MONDAYS-FRIDAYS 5:00-9:00AM FIELD HOUSE**

Walk 10 times around the Field House and you've just walked one mile!

### **PICKLEBALL EVERY MONDAY 9:30-11:30AM FIELD HOUSE (NO 3/14)**

Pickleball is a cross between tennis, table tennis, and badminton. It is played on a court slightly smaller than a tennis court using wooden paddles and a plastic whiffle ball. LEAD VOLUNTEER: MICHELLE

### **HAND & FOOT CARD GAME MONDAYS (NO 3/14) & FRIDAYS (NO 3/11, 3/18, 3/25) 12:00PM COMMUNITY RM**

Hand & Foot is a strategic game full of excitement and is similar to Canasta and Rummy but much more fun! The object of the game is to play all 22 cards in a "Hand and a Foot", 11 cards each, as quickly as possible while tormenting your opponents! LEAD VOLUNTEER: CAROL H.

### **DIME BINGO! TUESDAYS (NO 3/15) 9:30AM A.M. COMMUNITY ROOM**

This fun mixer will be held on Tuesday's. On the 4th Tuesday of the month (3/22) we will play WHITE ELEPHANT BING-bring a "Wrapped White Elephant Item" to add to the prize table. Bring your dimes! LEAD VOLUNTEER: KAREN V.

### **WALK THROUGH THE BIBLE THURSDAYS IN CHAPEL AT ARBOR OAKS 9:15AM**

Join us each week as we discuss verses in the Old and New Testaments. Treats and coffee in the Dining Room after the discussion. LEAD VOLUNTEER: MARY C.

**Arbor Oaks-1640 155th Lane NW Andover**

### **LEARN TO KNIT "WIT" GINGER TUES., MARCH 1 11:00-1:00PM COMMUNITY ROOM**

Learn to knit "wit" Ginger! Ginger is a very skilled knitter and is ready to share her knitting secrets. This is for beginners! Everything is included. Cost: \$10 per person, pay Ginger at Class. Sign up on the Adult Board-maximum 5 per class!

### **MAH JONG TUESDAY, MARCH 1 & 29 DIFFERENT DATES (NO 3/15) 11:00 A.M. COMMUNITY ROOM**

Join the fun on the 1st & 3rd Tuesday of the month.

### **DR SEUSS DAY WEDNESDAY, MARCH 2 10:00AM COMMUNITY ROOM**

Always a riddle, always a rhyme, you never know what Dr. Seuss has in mind! Come and see what fun is in store at the Dr. Seuss Day activity behind the Community Room door.

### **NEW MEMBERS WELCOME RECEPTION WEDNESDAY, MARCH 2 12:30PM COMMUNITY ROOM**

Welcome to the Andover YMCA, we are pleased you have chosen our location to work out, to attend educational seminars, participate in social events and spend time with friends. Join us as we get to know some new faces, learn more about the classes and enjoy some refreshments. Refreshments are provided. RSVP to Jodi Blowers and let us know you are coming. [Jodi.Blowers@ymcatwincities.org](mailto:Jodi.Blowers@ymcatwincities.org) or 763-230-6552

**ART 2B SMART THURSDAY, MARCH 3 11:00AM COMMUNITY ROOM**

Do you enjoy exploring new and interesting ways to enrich your life through the arts....zentangle, coloring, painting, jewelry, poetry, string art, mosaics, beads, etc.? Then join us for Art 2B Smart!

**SINGLES WHO MINGLE THURSDAY, MARCH 3 4:30PM OLIVE GARDEN-150 COON RAPIDS BLVD COON RAPIDS MN 763-786-1089**

Are you single and want to meet new people? Then come to our "Singles Who Mingles" group dinner at Olive Garden in Coon Rapids at 4:30pm. (Cost is on your own). LEAD VOLUNTEER: PAT N.

**GAMES GALORE & MORE FRIDAYS, MARCH 4 ONLY & MONDAYS, MARCH 7 & 21 10:00AM-12:00PM COMMUNITY RM**

Join this fun filled group who LOVES to play all sorts of games-Cribbage, Dominos, 500, Bridge, etc. the 1st & 3rd Monday and every Friday. LEAD VOLUNTEER: SUZANNE A.

**PRACTICE KNIT "WIT" GINGER TUES., MARCH 8 & 29 11:00-1:00PM CMTY RM**

You may already know how to knit or just need a refresher. TODAY is your lucky day! Bring your knitting supplies and sharpen your skills "wit" Ginger.

**CARD GAMES TUESDAY, MARCH 8 12:30PM COMMUNITY ROOM**

Join us for assorted card game! Beginners welcome, we will teach you how to play.

**6 CARD GOLF WEDNESDAY, MARCH 9 10:00AM COMMUNITY ROOM**

Join the fun on the 2nd Wednesday of the month. 6 Card Golf is a card game for two or more players, in which the object is to score as little as possible, as in the sport of Golf. Loads of fun for everyone! LEAD VOLUNTEER:

**EASTER POTLUCK LUNCH WEDNESDAY, MARCH 9 12:30PM COMMUNITY ROOM**

Easter is just around the corner. Bring your families favorite "Easter" food item to share with the group. Bring a copy of the recipe to add to our POTLUCK COOKBOOK. Sign up on the Adult Board-let us know what you are bringing.

LEAD VOLUNTEER: CAROL H.



**99 TOURNAMENT THURSDAY, MARCH 10 11:00AM-2:30PM**

Love card games? Enjoy strategy? Then 99 is the card game for you. You have 3 "lives" during a round, when you lose a round you put a dime in the pot. If you lose 3 times you are out of the game. The final person is wins the pot. Don't worry if you don't know how to play, you will learn in minutes!

**SHIRLEY TEMPLE HAPPY HOUR FRIDAY, MARCH 11 2:00PM ARBOR OAKS-1640 155TH LANE NW ANDOVER**

Join us as we honor Shirley Temple with some "Shirley Temples" during our Happy Hour at Arbor Oaks!

**NATIONAL POTATO CHIP DAY MONDAY, MARCH 14 LOBBY 12:00PM**

Why not! National Potato Chip Day sounds like a good excuse to taste test some potato chips, stop by the lobby at noon for a sample!

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## **VOLUNTEER APPRECIATION WEDNESDAY, MARCH 16 10:00AM-4:00PM OFFSITE**

A big thank you goes out to our volunteers who work behind the scenes with activities, events and projects. We have many volunteers who have logged in LOTS of hours and it is time to say thanks! Invites are sent out to those individuals.

## **ST PATTY'S DAY BINGO THURSDAY, MARCH 17 1:00-2:00PM ARBOR OAKS**

Wear green and try your LUCK at our St. Patrick's Day Bingo. You can play for a Dime a Card (optional) or just come and play for the prizes!

## **SINGLES WHO MINGLE THURSDAY, MARCH 17 TBD**

Are you single and want to meet new people? Then come to our "Singles Who Mingles" group on the 1st & 3rd Thursday of the month. Details for our outings will be posted on the Adult Board at the Andover YMCA. LEAD VOLUNTEER: PAT N.

## **I LOVE LUCY-LUCILLE BALL "LIVE" SHOW FRIDAY, MARCH 18 2:00PM ARBOR OAKS-1640 155TH LANE NW ANDOVER**

She's here! Come see Lucy and Ethel in the chocolate factory. Laugh along as they attempt to keep the chocolate assembly moving! Come for the laughs, stay for the chocolate samples!

## **JAM SESSION TUESDAY, MARCH 22 11:30-2:00 PM COMMUNITY ROOM**

Do you love to sing, play an instrument or perform? Whether you're a seasoned musician or just beginning, this is for YOU!

Bring your voice, instrument and talent (or not) and share it with others. Any style, ACOUSTIC PLEASE. Listeners are welcome too!

## **BOOK CLUB WEDNESDAY, MARCH 23 10:00AM COMMUNITY ROOM**

Join us as we discuss the book of the month. Books can be ordered and/or picked up from the Anoka County Library. "Ordinary Grace" by William Kent Krueger.

## **TOGETHERHOOD MEETING WEDNESDAY, MARCH 23 11:15AM COMMUNITY ROOM**

The Andover YMCA is running a nation-wide program called TOGETHERHOOD which provides Y members with an easy, fun and rewarding way to volunteer for service projects that strengthen the community where we live. The program is led by a committee of Y members that helps organize and run four service projects a year. We are looking for Y members to join our Service Committee. The commitment for the members of this Service Committee will be to:

- \*Attend a minimum of monthly meetings (time & date TBD) for a one-year term.

- \*Select and lead or co-lead one of four community service projects each year, using the YMCA TOGETHERHOOD toolkit.

- \*Invite members, friends and family from within their social networks and representing diverse populations to participate in projects, promoting the benefits of service as part of Y membership.



## **HOW TO PLAN THE PERFECT MOVE WEDNESDAY, MARCH 23 12:30-2:30PM COMMUNITY RM**

Whether you're thinking about selling your home in the spring or next fall, now's the time to get thinking about one of your biggest investments and what it means for your future!

Presented by:

Renee Miller-Keller Williams Classic Realty

Joe Van Orsdahl-Right Home Inspections

Cathy Matrejek-Changing Lifestyle Solutions

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## **TRAVEL INTEREST GROUP FOR YOU! THURSDAY, MARCH 24 11:00AM**

### **COMMUNITY ROOM**

Bag lunch bonding. Bring a bag lunch and hang out with the group as we get to know each other and look at future travel plans.

## **HOBBY HOUR THURSDAY, MARCH 24 12:30PM COMMUNITY ROOM**

Bring your own project to work on OR help us put together Polar Fleece Tie Blankets. If you want to work on blankets you will need to bring a sharp scissors for cutting the fleece.

## **FREE FRIEND FRIDAY! FRIDAY, MARCH 25 ALL DAY!**

Bring a friend in for free all day today! Photo ID is required for guests.

## **STATIONS OF THE CROSS FRIDAY, MARCH 25 2:00PM ARBOR OAKS**

Join us at Arbor Oaks as we commemorate Jesus Christ's last day on Earth as a man through a series of devotions known as the Stations of the Cross. LEAD VOLUNTEER: YMCA Bible Discussion Group

## **CRIBBAGE MONDAY, MARCH 28 (NO 3/14) 10:00AM COMMUNITY ROOM**

If you love cards, pegging and laughing.....then cribbage is the game for you! Join us on the 2nd & 4th Monday of the month for some cribbage fun.

## **MURDER MYSTERY WEDNESDAY, MARCH 30 9AM-2PM COMMUNITY ROOM (SOLD OUT)**

If you are participating in the Murder Mystery please know we start promptly at 9:00am.

## **PUZZLE DAY! THURSDAY, MARCH 31 11:00AM-2:00M COMMUNITY ROOM**

Hang out, chat, drink coffee, work a puzzle. If you have any you want to swap feel free to bring them too.

## **Planning Ahead.....Planning Ahead.....Planning Ahead.....**

## **24TH ANNUAL ANOKA COUNTY CRIBBAGE TOURNAMENT**

### **FRIDAY, APRIL 15 START AT 1:00PM**

Where: Mary Ann Young Senior Center (Blaine)

Who: Open to Anoka County Residents (55+)

Cost: \$14 per couple (includes generous snacks, dessert and payback prizes)

Deadline: Registration and payment due Friday, April 8 (space is limited) Call 763-786-9375 for more info.

## **ADULT PROM "UNDER THE SEA" FRIDAY, APRIL 15 6:00-7:30PM ARBOR OAKS**

It is the 3rd Annual Adult Prom at Arbor Oaks. Please RSVP to Joy at 763-205-2248 before 4/8/2016. Watch the adult board for prom details.

## **GARDEN SEMINAR & TEA PARTY WEDNESDAY, APRIL 27 TBD**

If you love gardening, plants, and tea then put this on your calendar. More information to come!

## **IOWA TULIP FESTIVAL TRIP MAY 4-6, 2016**

See Adult Board for trip details.

## **SENIOR HEALTH & FITNESS DAY WEDNESDAY, MAY 25 9AM-12PM**

Mark your calendars! This day is for YOU! More details to come!

# GIVE US YOUR INPUT:

**What would you like to see/experience/do when you come to the Senior Health & Fitness Day event at the Andover YMCA on Wednesday, May 25?**

**Fill out a comment card with your input/ideas/suggestions.**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| ***5:00-9:00am Indoor Walking Monday-Friday  | 1<br>9:30am Bingo<br>11:00am Tour w/Jodi<br>11:00am Mah Jong<br>11:00am Knit wit Ginger      | 2<br>10:00am Dr. Seuss Bday Fun<br>12:30pm New Members                                  | 3<br>9:15am Bible-offsite<br>11:00am Art 2B Smart<br>4:30pm Singles Who Mingle Olive Garden                  | 4<br>10:00am Games & More<br>12:00 pm Hand n Foot   |
| 7<br>9:30am Pickleball<br>10:00am Games Galore<br>12:00pm Hand n Foot                                  | 8<br>9:30am Bingo<br>11:00am Tour w/Jodi<br>11:00am Practice wit Ginger<br>12:30pm Cards     | 9<br>10:00am 6 Card Golf<br>12:30pm Potluck Lunch                                       | 10<br>9:15am Bible-offsite<br>11:00am 99 Tournament  | 11<br>2:00pm Shirley Temple Happy Hour-offsite<br><br>School release-NO ROOMS AVAILABLE   |
| 14<br>12:00pm National Potato Chip Day-Lobby   | 15<br>11:00am Tour w/Jodi  | 16<br>10:00am-4:00pm Volunteer Appreciation-offsite                                     | 17 <b>St Patricks Day</b><br>9:15am Bible-offsite<br>1:00pm St. Patty's Bingo -offsite<br>Singles Who Mingle | 18<br>2:00pm-I Love Lucy-offsite  |
| <b>TRY A NEW CLASS, A NEW INSTRUCTOR, MEET NEW FRIENDS! YOU WILL BE ELIGIBLE FOR WONDERFUL PRIZES!</b> |  |   |  |   |
| School release-NO ROOMS AVAILABLE  | School release-NO ROOMS AVAILABLE  | School release-NO ROOMS AVAILABLE   | School release-NO ROOMS AVAILABLE  | School release-NO ROOMS AVAILABLE   |
| 21<br>9:30am Pickleball<br>10:00am Games Galore<br>12:00pm Hand n Foot                                 | 22<br>9:30am Bingo- <b>White Elephant</b><br>11:00am Tour w/Jodi<br>11:30am JAM Session      | 23<br>10:00am Book Club<br>11:15am Togetherhood<br>12:30pm Keller Williams Presentation | 24<br>9:15am Bible-offsite<br>11:00am Travel Group Meeting<br>12:30pm Hobby Hour                             | 25<br><b>2:00pm Stations of the Cross-offsite</b><br><br>School release-NO ROOMS AVAILABLE<br><br>FREE FRIEND FRIDAY  |
| 28<br>9:30am Pickleball<br>10:00am Cribbage<br>12:00pm Hand n Foot                                     | 29<br>9:30am Bingo<br>11:00am Tour w/Jodi<br>11:00am Practice wit Ginger<br>11:00am Mah Jong | 30<br>9am-2pm<br>Murder Mystery Party   | 31<br>9:15am Bible-offsite<br>11:00am Puzzle Day   | 4/15 CRIBBAGE TOURNAMENT<br><br>4/15 ADULT PROM AT ARBOR OAKS<br>4/27 GARDEN SEMINAR AND TEA PARTY<br><br>5/4-6 IOWA TULIP FESTIVAL TRIP<br>5/25- SENIOR HEALTH & FITNESS DAY |